

STEP-BY-STEP

2nd Ed.

A GUIDE TO MOBILITY TECHNIQUES

REVIEW GUIDE

ENVIRONMENT-SPECIFIC TECHNIQUES

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INTRODUCTION

The review guides supplement the Step-By-Step series on orientation & mobility. Designed for use by students preparing to become O&M specialists and by other vision professionals alike, the review guides provide the user with a quick, sequential, and pictorial review of the mobility skills taught in the corresponding study guide and video. Whether used to prepare for a test or to provide a quick refresher when preparing to teach a new or forgotten skill, it is hoped this review guide will be of value to the user. For more detailed information about each mobility skill, please see the Step-By-Step study guides or the Step-By-Step videos included on the flash drive.

Notes for Screen Reader Users:

The format used for the review guides is a series of tables with descriptive headings immediately preceding each one. In lieu of Alt Text, a short description of each photo appears in the cell to the left of that photo.

ESCALATORS & REVOLVING DOORS

ESCALATORS—WITH A GUIDE (WHEN THE TRAVELER IS NOT CARRYING A CANE)

Ascending

The guide and traveler approach the escalator perpendicularly; the guide stops at the edge of the metal plate where it meets the moving steps.

The guide gives an arm-pull to bring the traveler up beside him.



The traveler reaches for the handrail, allowing it to slide through her grasp.



The guide and traveler board the escalator with the traveler now holding firmly onto the handrail; the traveler stands one step behind the guide.

- If the traveler steps on a seam between steps, she can either step up to the next step or back down to the previous step.



To feel when the steps level off, the traveler can place one foot up on the forward step and/or reach her hand forward on the handrail.

When the traveler feels the steps level off, she raises the toes of her forward foot to avoid stubbing them on the edge of the metal plate at the exit of the escalator.



The guide and traveler exit the escalator and resume travel.



Descending

The guide and traveler approach the escalator perpendicularly; the guide stops at the edge of the metal plate where it meets the moving steps. The guide gives an arm-pull to bring the traveler up beside him.



The traveler reaches for the handrail, allowing it to slide through her grasp.



The guide and traveler board the escalator, with the traveler now holding firmly onto the handrail; the traveler stands one step behind the guide.

- If the traveler steps on a seam between steps, she can either step down to the next step or back up to the previous step.
- To feel when the steps level off, the traveler can place one foot slightly over the edge of the step with her toes pointed down.



When the traveler feels the steps level off, she raises the toes of her forward foot to avoid stubbing them on the edge of the metal plate at the exit of the escalator.



The guide and traveler exit the escalator and resume travel.



ESCALATORS—WITH A GUIDE (WHEN THE TRAVELER IS CARRYING A CANE)

Ascending

The guide and traveler approach the escalator perpendicularly; the guide stops at the edge of the metal plate where it meets the moving steps.



The guide uses an arm-pull to bring the traveler up beside him. The traveler anchors her cane against the edge of the metal plate adjacent to the moving steps.



The guide and traveler board the escalator; the traveler stands one step behind the guide.

- If the traveler steps on a seam between steps, she can either step up to the next step or back down to the previous step.

The traveler holds her cane in the NEGOTIATING STAIRS—Ascending (When the Traveler Is Carrying a Cane) position; the cane tip rests on the tread of the step located 1–2 steps ahead.

- The traveler will feel the cane move “downward” when the steps level off at the end of the escalator. To further feel when the steps level off, the traveler can also place one foot up on the step ahead.



When the traveler feels the steps level off, she raises the toes of her forward foot to avoid stubbing them on the edge of the metal plate at the exit of the escalator.



The guide and traveler exit the escalator and resume travel.



Descending

The guide and traveler approach the escalator perpendicularly.

The guide stops at the edge of the metal plate where it meets the moving steps.



The guide uses an arm-pull to bring the traveler up beside him.



The traveler anchors her cane against the edge of the metal plate adjacent to the moving steps.



The guide and traveler board the escalator; the traveler stands one step behind the guide.

- If the traveler steps on a seam between steps, she can step down to the next step or back up to the previous step, in order to position herself one step behind the guide.



The traveler holds her cane in the NEGOTIATING STAIRS Descending (When the Traveler Is Carrying a Cane) position; the cane tip rests on the tread (or the cane shaft rests on the edge) of the step located 1–2 steps ahead.

- The traveler will feel the cane move "upward" when the steps level off at the end of the escalator. To further feel when the steps level off, she can also place the toes of one foot over the edge of the step, with her toes pointed down.

When the traveler feels the steps level off, she raises the toes of her leading foot to avoid accidentally stubbing them on the edge of the metal plate at the exit of the escalator.



The guide and traveler exit the escalator and resume travel.



ESCALATORS

Ascending

Using the TOUCH technique (Constant Contact) or the TOUCH & SLIDE technique, the traveler locates the metal plate in front of the escalator.



The traveler identifies whether she is at the entrance or exit of the escalator by moving beside the metal plate to find the moving handrail. She can also listen to the sounds of people on the escalator for additional confirmation.



Upon verifying she has located the entrance of the escalator, the traveler moves onto the right-hand side of the metal plate.

Using the TOUCH (Constant Contact) or TOUCH & SLIDE technique the traveler locates the edge of the plate where it meets the moving steps and anchors her cane against it.



The traveler walks up to the cane and positions her feet perpendicularly to the edge of the metal plate.



The traveler extends her cane forward and rests the tip on the moving stairs to verify that she has arrived at an ascending escalator.



The traveler places the cane in her left hand; she reaches for the handrail on her right side, letting it slide through her grasp.



Grasping the handrail firmly, the traveler steps onto the escalator.

- If the traveler steps on a seam between steps, she can either step up to the next step or back down to the previous step.



The traveler holds her cane in the NEGOTIATING STAIRS (Ascending) position with the cane tip resting on the tread of the stair located 1–2 steps ahead of her.

- The traveler will feel the cane move “downward” when the steps level off at the end of the escalator. To further feel when the steps level off, the traveler can also place one foot up on the forward step and/or reach her hand further forward on the handrail.



When the traveler feels the steps level off, she raises the toes of her forward foot to avoid stubbing them on the edge of the metal plate at the exit of the escalator.



When the traveler's cane tip contacts the metal plate, she clears with her cane and steps off the escalator. She then moves away quickly using the CONGESTED AREA technique.



Descending

Using the TOUCH technique (Constant Contact) or the TOUCH & SLIDE technique, the traveler locates the metal plate in front of the escalator.



The traveler identifies whether she is at the entrance or exit of the escalator by moving beside the metal plate to find the moving handrail. She also can listen to the sounds of people on the escalator for additional confirmation.



Upon verifying she has located the entrance of the escalator, the traveler moves onto the right-hand side of the metal plate.

The traveler uses the TOUCH (Constant Contact) or TOUCH & SLIDE technique to locate the edge of the plate where it meets the moving steps and anchors her cane against it.



The traveler walks up to the cane and positions her feet perpendicularly to the edge of the metal plate.



The traveler extends her cane forward and rests it on the moving stairs to verify that she has arrived at a descending escalator.



The traveler places the cane in her left hand; she reaches for the handrail on her right side, letting it slide through her grasp.



Grasping the handrail firmly, the traveler steps onto the escalator.

- If the traveler steps on a seam between steps, she can either step down to the next step or back up to the previous step.



The traveler holds her cane in the NEGOTIATING STAIRS (Descending) position with her cane tip resting on the tread (or shaft resting on the stair edge) 1–2 steps ahead.

- The traveler will feel the cane move “upward” when the steps level off at the end of the escalator. To further feel when the steps level off, the traveler can also place the toes of one foot over the edge of the step, with her toes pointed down.



When the traveler feels the steps level off, she raises the toes of her forward foot to avoid stubbing them on the edge of the metal plate at the exit of the escalator.

When the traveler's cane tip contacts the metal plate, she clears with her cane and steps off the escalator.



She then moves away quickly using the TOUCH technique.



REVOLVING DOORS

Standard

Maintaining physical contact with the wall next to or shell around the revolving door, the traveler approaches it from the right-hand side using the CONGESTED AREA (Diagonal) technique, holding the cane in his right hand, and the UPPER HAND & FOREARM technique, with his left wrist bent backward slightly and fingers relaxed.



Upon reaching the opening, the traveler listens to determine if the door is controlled manually or automatically.

- If manually controlled, the traveler listens for the door to stop moving before proceeding.
- If automatically controlled (always moving at a constant rate), the traveler uses the passing of the rubber edges to time his entrance into the compartment.



To enter the compartment, the traveler turns to the right and enters it quickly; he holds his cane either vertically or semi-vertically.

- He locates the push bar on the door panel in front of him and pushes the door forward (unless the revolving door is one that rotates automatically).



At the exit, the traveler clears and exits the compartment quickly, taking 2–3 steps away from the door.



SPECIAL ENVIRONMENTS

AREAS WITHOUT SIDEWALKS

Following a Shoreline

The traveler walks on the road edge, facing near-lane oncoming traffic; he follows the shoreline using the TOUCH & DRAG, THREE-POINT, or TOUCH TRAILING technique, depending on the nature of the shoreline.



The traveler moves around parked vehicles using the VEHICLE IN THE TRAVEL PATH technique.



Crossing a Break in the Shoreline

The traveler uses the TRAVERSING OPEN SPACES technique to cross a break in the shoreline.



Crossing a Street

The traveler walks on the road edge, facing oncoming traffic; he follows the shoreline using the TOUCH & DRAG, THREE-POINT, or TOUCH TRAILING technique, depending on the nature of the shoreline.



Upon identifying the corner, the traveler walks completely around the curved portion until he feels the shoreline of the perpendicular street proceed straight ahead.



The traveler "squares off" with the shoreline.

Note: This is an oddly angled intersection. If you look closely, you will see that the traveler has actually turned the corner and found a section where the curve straightens temporarily.



Using the appropriate STREET CROSSING skills, he crosses the street at an appropriate time.



Upon reaching the opposite shoreline, the traveler turns toward the parallel street and follows the shoreline around the corner.



GAS STATIONS

Passing Station by Monitoring Traffic

The traveler maintains a straight line of travel past the gas station by maintaining a parallel alignment to traffic on the parallel street.

- If the traveler encounters sloped driveways, she should walk perpendicularly to their slope to maintain her line of travel.



Passing Station by Following the Expansion Joint

The traveler maintains a straight line of travel past the gas station by using the TOUCH & DRAG technique to follow the seam that separates the concrete surface of the sidewalk from the asphalt surface of the gas station.



Passing Station by Following the Curb

The traveler maintains a straight line of travel past the gas station by using the TOUCH & DRAG technique to follow the curb edge of the sidewalk.



Recovery from a Veer into the Station

Upon identifying the veer, the traveler turns to face the parallel street.

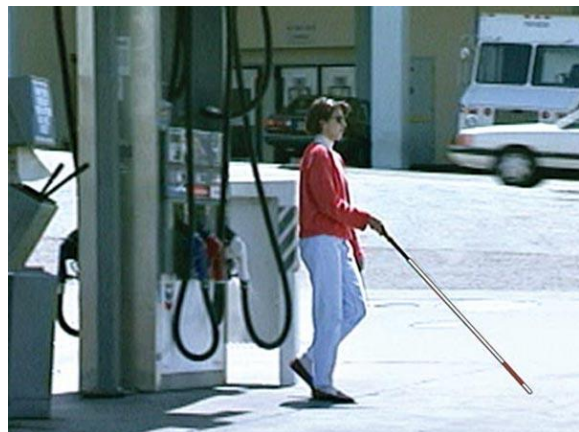


If the traveler has contacted the gas pump or its island, she can "square-off" to it on the side nearest the parallel street.



The traveler walks directly toward the parallel street.

- If the traveler encounters a raised curb between the gas station and the sidewalk, she can trail around it using the TOUCH TRAILING or TOUCH & DRAG technique to locate the sidewalk.



Upon locating the sidewalk...



...the traveler realigns and resumes travel.



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